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BOOK REVIEWS



IN CHARGE OF

M. E. CAMERON, R.N.

SLEEP AND THE SLEEPLESS—SIMPLE RULES FOR OVERCOMING INSOMNIA.

By Joseph Collins, M.D., Physician to the Neurological Institute of New York. Price, \$1.00. Sturgis & Walton, New York.

Written primarily for the layman, this book is one that will commend itself to doctors and nurses and particularly the latter. Here one finds the specific regimen that must be followed if this bugbear, insomnia, is to be banished. The rule is laid down for the food, exercise, baths, dress, and mental attitude necessary to ensure sound and healthgiving slumbers. "The capacity to sleep can be acquired by effort in the same way as the capacity to think concretely or to run without getting out of breath." Such a declaration from an authority so indisputable as Dr. Collins is calculated to rouse the most self-centered victim alive, and the further uncompromising statement that "*the cultivation of the will is perhaps the most important step toward relief*" for the sufferer, will arrest the attention and direct the efforts of those who suffer from what seems to be a needless affliction, if indeed the will to sleep is sufficient to procure sleep. The popular fallacy that insomnia is the initial symptom of insanity is disposed of without ceremony and the author particularly states that "sleeplessness does not cause insanity. The victim may become depressed, irritable, excitable, inattentive, but his senses will not forsake him." Further, to the relief and comfort of a large class who sleep less than the usual number of hours, we are told that men of genius in many walks of life have made their record on one-half and even less than one-half the amount of sleep popularly considered necessary. When actual insomnia has the unfortunate victim in its grip, the treatment suggested is rather in the line of hygiene than of medicine and drugs, for while they may be prescribed for the purpose of procuring sleep they are in no way to be regarded as treatment for the habit of sleeplessness. This must be traced to its cause, which, when detected, must be removed.

OUR CHILDREN'S HEALTH—AT HOME AND AT SCHOOL. Edited by Charles E. Hecht, M.A. Published by The National Food Reform Association, 178 St. Stephen's House, Westminster.

The report of a conference on diet and hygiene in public, secondary